

## **Abbotsford United Soccer Club (AUSC) - Physical activity does your mind & body good – We strongly believe and live it!**



**AUSC Grassroots Soccer Players play, and having fun under watchful eye and guidance of Club Technical Director**

Studies, science, and literature continue to share information with all of us on the benefits of being active. Popular television shows such as *BodyBreak* with Hal Johnson and Joanne McLeod, have brought this topic into mainstream media and our homes, by focusing not only on those activities that can be done in work-out gyms, but daily at any place and any time. For example, gardening, cleaning up around the home, and many more activities that get our bodies moving.

AUSC program, prides itself in doing our share of community service by getting our players physically active through playing soccer. Our technical team under guidance of our soccer expert lead, Peter Malakoane, continues to deliver exciting, and practical soccer fun activities for AUSC youth. These activities are designed to be age appropriate in line with guidelines and standards set by The Long Term Player Development (LTPD) program – a Canadian Soccer Association (CSA) soccer specific program derived from The Long Term Athlete Development (LTAD), which is a sport generic standard program that respective sports (such as soccer, hockey, basketball, and many other sports) – can use to design age specific and appropriate programs for different age groups within our respective sports.

We may be stating what many may consider “the obvious” based on what the media and medical experts continue to educate us on benefits of physical activity. For example: *weight control, strengthening our bones and muscles, longer life span, improved mental health and mood* – our view and opinion at AUSC is: While these benefits are real, and can never be denied nor disputed, the methods used to deliver this message to the public, may at times be seen by some as threatening, or make these outcomes unachievable. Soccer (a.k.a. football around the world) is a sport anyone, anywhere around the world can, and does play despite human stereotypes that unfortunately tend to define the human-race – for example color, race, gender, religion, and many others. This is the beauty we at AUSC find in soccer.

In case you may be wondering of our expert lead experience and qualification; a brief summary of his background: Chartered Professional Coach; holds a Master of Science graduate degree; Two A-License coaching badges; over 40 years of coaching and playing experience; BC Soccer Learning Facilitator; CSA Master Learning Facilitator; numerous coaching badges, including Goalkeeper training.

***You want to your child to experience this fun, come join us!***